

Walk'n Talk—March, 2018

Brought to you by
**Havasu
Healthy Striders**



**The Healthy Striders
Committee:**
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

Visit the HCHF website
for more information
about the first three
activities in the

**Community
Corner**

**Get on
Your Feet!**



Under the umbrella of
**Havasu Community
Health Foundation**

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A big thank you to participants, instructors and volunteers who came out and braved the wind and cold at our Spring Into Heath!!! Those who signed up to walk the 4-mile event decided to hike Sara's Crack. Several "Girls Gone Riding" group rode in the heavy winds!! Even with the cold and wind we all had a good time! Check out the pictures on our Facebook page. Stay tuned for big changes for next year's event!!

Walker of the month Nina Dobbs Van



Nina Dobbs Van is our walker for March. She is 53 years young, has been married for 36 years and has a daughter and 4 grandchildren. She moved to Lake Havasu in 1993 from Parker, CA, but grew up in Europe. She is a pet sitter and takes care of rentals.

Nina exercises to keep her health on track and says, "it's fun." She exercises 8 or so times a week by walking and attending several classes at Titan gym.

Nina says exercising has lowered her blood pressure and keeps her "insides" feeling and working better.

Nina says to find something you like to do and then go for it!! She says if you enjoy what you are doing, it doesn't feel like you are working out with the bonus of feeling better!! So find something you enjoy, help yourself to feel better and

Get On Your Feet!!!

Community Corner

Saturday walks start at 7:00 a.m. in front of the swim area at Rotary Park.



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